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Training Sides for Elite Actors and Studios

INT. SANDERSON GYM - LATE AFTERNOON

DAKOTA rows as fast as possible on the ROWING MACHINE. Music blasts in their headphones.

COACH (O.S.)
You're gonna break it if you go any faster.

Dakota turns and notices their COACH staring at them.

DAKOTA
I'm good.

COACH
Are you?

Dakota looks puzzled, yet decide to ignore the small talk.

COACH (CONT'D)
You don't think I can see it?

DAKOTA
I don't know what you're talking about.

COACH
Yes, you do.

DAKOTA
No, I don't.

COACH
You might've cost us our undefeated season.

This lands on Dakota.

DAKOTA
I won't get caught.

COACH
You don't think other people'll notice?
(beat)
You don't think it'll be suspicious that you shaved 3 seconds off your personal best?

Dakota shifts in their seat.

DAKOTA

I transfer after this year. No one has to know. You can pretend you didn't see it.

COACH

I can't pretend. Those times are listed on the state athletic site. Everyone'll see it.

DAKOTA

I needed the win. You don't understand—with your polo shirt and stupid whistle around your neck. You don't know how badly I need to make it happen.

COACH

We're gonna do the right thing here.

(beat)

You're gonna tell the athletic director--

DAKOTA

--I'm not gonna tell. And neither are you.

COACH

Don't make threats you can't back up. Let's go to the A.D.'s office--

DAKOTA

(interrupting)

--This was my shot to finally be good at something! I don't know if I've ever been good at anything before. And if I'm not good at something, then what good am I?

Dakota's vulnerability shines through.

COACH

(making a genuine connection)

You didn't have to cheat.

DAKOTA

Yes, I did.

(beat)

And I'll do it again if I have to.